



Westfield

Local Heroes

2021

Westfield Local Heroes is a community recognition and awards program, designed to shine the spotlight on those people across Australia and New Zealand who make a positive impact to their local community and environment.

Individuals are nominated by their local communities, with the outcome of a public vote determining the three successful 2021 nominees for every Westfield centre.

Westfield Local Heroes

Now in its fourth year, we have awarded \$4.88 million to 489 community organisations.

Every year, we recognise more than 120 Westfield Local Heroes and provide more than \$1.2M in community grants to their affiliated organisations.

We congratulate all the 2021 nominees for being recognised by their communities and thank them for the important contribution they all make.



Westfield

Warringah Mall

NSW

Keen footballer John Tansley is helping local children with intellectual needs enjoy the thrill of kicking a ball and enjoy the benefits of participating in a team sport.

For many years, John has bounced out of bed on Saturday mornings during term time to run the all-year Active Opportunities program at Cromer Park.

The Manly United program is for children aged five to 16 years and is affiliated with Special Olympics Northern Beaches. Active Opportunities also run another program for children out of Lindfield Football Club.

John has recruited 50 young players and a large group of volunteer coaches who want to put something back into the sport.

He has worked tirelessly with the local football Association and Manly United to obtain funding, equipment and uniforms so players can experience being part of the football club.

The family man is inspired by the positive impact this experience has on participants and their families.

"The interaction and seeing their confidence develop is seriously priceless," John says.

John, who has been involved in volunteer work for 25 years, is thrilled with his nomination as a Westfield Local Hero. "This is community and inclusion at work, and it makes me extremely proud that our program has been recognised through this nomination," he says.

John's nominator says: "John is a Westfield Local Hero because he makes sacrifices to help others. He has boundless energy, passion and a commitment to inclusivity and football."



Championing inclusive football

John Tansley

Active Opportunities Inc.

Selfless, Inspiring, Passionate

"The interaction and seeing their confidence develop is seriously priceless."



Tireless mental health champion

Barbara Stenhouse

Lifeline Northern Beaches

Respect, Compassion, Collaboration

"I am passionate about de-stigmatising mental illness and encouraging people to have conversations about how they are feeling."

Psychologist Barbara Stenhouse is a tireless champion for mental health in her community and has facilitated more than 2000 low cost or free counselling sessions in the past year.

Barbara is the counselling manager at Lifeline Northern Beaches and believes everyone should have access to counselling support, regardless of their economic circumstances.

In her two years in the role, Barbara has expanded the counselling team from 14 to 21 qualified volunteer counsellors and psychologists, helping to meet the demand for face-to-face counselling. While Lifeline is known for its crisis hotline, she wants to support people before they get to crisis point.

Crucially, Barbara facilitated a quick transition to online appointments at the beginning of COVID-19 social distancing. Demand has continued to balloon as people seek help for anxiety and depression, isolation,

domestic and family violence, job loss, financial stress and suicidality.

"We have seen an unprecedented increase in people reaching out for counselling," Barbara says.

She has started two new services: one with Avalon Youth Hub and an outreach service in Mosman.

"I am both humbled and honoured to be nominated as a Westfield Local Hero," says Barbara.

"I am passionate about de-stigmatising mental illness and encouraging people to have conversations about how they are feeling."

*Barbara's nominator says:
"Barbara is a Westfield Local Hero because she is a positive role model in our community who works tirelessly to remove the stigma around mental illness and empowers people to draw on their personal strengths."*

If you need support, please phone Lifeline: 13 11 14

Christian Barwell gives over 100 teenagers and adults with disabilities on the Northern Beaches an opportunity to do activities many people take for granted – like visiting a restaurant with a group of friends.

Christian's younger sister, Emma, grew up with a disability. This experience gave him insight into how society can further disable people, and how people can achieve their goals and dreams if given the proper support. Driven to make a positive difference, he launched Up & Over last year after completing his Bachelor of Business degree.

Up & Over arranges fun and engaging social outings like mini-golf, rock climbing and restaurant visits at which people build friendships with peers in their own age group.

Christian not only provides a caring and engaging service, but he also builds genuine connection with all participants.

Crucially, Christian's work also helps to change community perceptions around people with disabilities. He believes there is no limit to what people can achieve with appropriate support.

Christian feels honoured to be nominated as a Westfield Local Hero. "It motivates me to keep putting smiles on people's faces and to put the work we do in the spotlight so that society can become more educated and inclusive."

Christian's nominator says: "Christian is a Westfield Local Hero because it is rare to see a passionate young person so heavily involved in making a difference to the lives of those with a disability. Christian genuinely believes in people and empowers those around him to exceed the limits of their perceived ability."



Challenging disability

Christian Barwell

Up & Over

Passionate, Proactive, Ambitious

"It motivates me to keep putting smiles on people's faces and to put the work we do in the spotlight so that society can become more educated and inclusive."

Your 2021 Finalists



Gwen Korebits

Dance Health Alliance

Gwen Korebits has helped thousands of people dance their way to better health. After studying therapeutic dance, the former professional ballerina developed a movement therapy program for people with chronic mental health and neurological conditions. She also started the Dance Health Alliance charity, which runs programs in several areas around Sydney and trains allied health professionals to deliver dance therapy.



Jason Partington

Making Meditation Mainstream

Jason Partington is bringing the benefits of meditation to the masses. Having used meditation to support his own mental health, he now offers free face-to-face meditation groups and online meditation classes through Making Meditation Mainstream, which has reached tens of thousands of people and raised over \$31,000 for Lifeline Northern Beaches.

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Lifeline: 13 11 14



Mel Thomas

KYUP! Project

Martial arts instructor Mel Thomas is helping build a safer community for girls and women by teaching them self defence and playing a mentorship role. Mel, a survivor of childhood domestic violence and intimate partner violence, set up KYUP! Project in 2013 as a charity with a mission to end violence against women. Melanie was a Westfield Local Hero finalist in 2020 and appreciates being nominated for a second time.

Recognising all of our 2021 nominees

Anna Charleston
Be Centre Foundation

Te Reo Potaka Kenneth Haronga
Warringah Softball

Mrs Yvonne Talbott OAM
**Wheelchair Sports NSW/ACT
Inc**

Jack Berne
**A Fiver for a Farmer and Jack's
Mates Foundation**

Bobby Lehane
Rock the Pool

Benjamin Lucas
2Minute Mates

Ben Murdock
Northern Beaches Men

Miguel Gonzalez
La Creme Creative

Paris Jeffcoat
One Eighty Avalon Inc.

Nathan Roberts
NSW Rural Fire Service

Fiona Pearse
Queenscliff Netball Club

Chelsea Bonner
Bella Management

Lynette Favelle
Street Mission Incorporated

Dena Farley
Children's Tumour Foundation

Rosa Chirillo
Make-a-Wish

Lizzie Welborn
Newport Surf Life Saving Club

Anna Nero
Zinnee Pty Ltd

Jarin Baigent
Trading Blak & Jarin Street

Gerard Barwell
Teen Connect

Samantha Neaves
Stage Artz

Jason Partington
Making Meditation Mainstream

Kevin Lee
**Narrabeen Beach Surf lifesaving
Club Inc.**

Melissa Angelevski
Ability Options

Sarah Weate
Manly Food Co-op

Rob Pearson
Long Reef Surf Lifesaving Club

Clint Bowen
Tour de Cure Australia

Margaret Murden
StreetWork Australia Limited

John Kelly
Community Northern Beaches

Monika Biernacki
Doggierescue.com

Peter Duff
NSW Rural Fire Service

Patrick Hunter
Plastic Free Beaches

Matthew Lonergan
**Movers Against Domestic
Violence**

Barbara Stenhouse
Lifeline Northern Beaches

Greg Mullins
**Terrey Hills Rural Fire Service/
Northern Beaches RFS**

Nikki Thomson
Taldumande Youth Services

Melanie Thomas
KYUP! Project

Christine Robbins
**One Meal – It Makes A
Difference – Northern Beaches
Co-op**

Steven Anthony Gamble
Man Anchor

John Tansley
Football4All

Gwen Korebrits
Dance Health Alliance

Christian Barwell
Up & Over

**If you or anyone you know would like more information
on what support is available:**

AUSTRALIA

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Kids Helpline: 1800 55 1800

MensLine: 1300 78 99 78

Beyond Blue: 1300 22 4636

1800RESPECT: 1800 737 732

NEW ZEALAND

Lifeline: 0800 543 354

Suicide Crisis Helpline: 0508 828 865

Kidsline: 0800 54 37 54

Depression Helpline: 0800 111 757

Samaritans: 0800 726 666

Family Violence Information Line: 0800 456 450

The background features a large, abstract graphic composed of overlapping, rounded shapes in various shades of red and white. The shapes are layered, creating a sense of depth and movement. The colors range from a bright, vibrant red to a deep, dark red, with white areas that appear to be cutouts or highlights within the composition.

westfield.com.au/local-heroes

westfield.co.nz/local-heroes

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SCENTRE GROUP